

**2<sup>nd</sup> "WARHORSE"  
Brigade  
4<sup>th</sup> Infantry Division (M)**



**FAMILY CARE  
BOOKLET**

**January 2003**

***Remember: Whenever you  
have a problem, concern, etc.  
please call Name***



**BDE POC Name @ Phone  
#**

**ALT BDE POC Name @  
Phone #**

## **YOUR FAMILY READINESS GROUP**

The Family Readiness Group is an organization of spouses designed to assist and support family members.

The FRG can:

- Be a point of contact
- Give you information to help you solve problems
- Provide assistance in easing the burdens of separation
- Assist family members in obtaining important information

Every spouse is encouraged to be an active part of the FRG, not only to receive help, but to help others. The FRG is a continuous activity of the HHC and therefore it extends beyond deployment times. You should always have a current unit phone roster. It is important that your roster contain your current address, mailing address, and telephone number; you will be linked with a section and provided a list of telephone numbers for contacts. Under provisions of the Privacy Act, the release/publication of your address and telephone number will be for official purposes only.

The Family Readiness Group Representative for HHC is Ms. Cynthia Greene. Her main purpose is to assist you with your concern, organize FRG activities, give out information and refer family members when in need.

Be familiar with your family readiness group.

- You will be notified through your unit telephone TREE or roster of important information pertaining to deployment.
- Ensure that your Unit Family Readiness Group roster contains your current mailing address and telephone number. Notify your FRG representatives if there are any changes.
- Keep your unit contact person's name and telephone number posted near your telephone.

## **AMERICAN RED CROSS**

The American Red Cross (ARC) assists with reporting and communicating while your spouse is deployed. ARC will assist with medical reports, birth notices, emergency notification of your spouse during deployment, as well as verification for emergency leave. Counseling and referrals on personal and family problems are offered. Emergency financial assistance is available for emergency travel expenses as well as food, rent, current utilities, and possible transportation expenses when normal pay has been interrupted or not received through no fault of the soldier. ARC has opportunities for persons to perform volunteer services of many types.

Office Hours are from 0730 to 1630 hrs, Monday thru Friday.

Telephone Numbers:

- Main Office, (4520 E. Central Expressway Suite 106, Killeen) - 690-0612
- Branch Office, (Bldg. 1822, 49<sup>th</sup> and Battalion) - 287-0400
- Darnall Army Community Hospital Office - 287-4745
- 24 Hour Telephone Number - 1-877-272-7337

## EMERGENCY NUMBERS

Rear Detachment SDO/NCO.....288-7508/7509  
Ambulance.....911 or 288-8111  
Chaplain (Crisis Line, 24 hrs).....  
.....287-HELP  
Emergency Room (DACH).....288-8113/8114  
Field Officer of the Day.....  
287-8080  
Mental Health Services.....287-5131/7712  
Fisher House.....532-3730  
BOSS Hotline.....287-2677  
ACS Help-Line.....287-4357  
Child/Spouse Abuse (Duty Hours)  
.....287-2273

## Police Department:

Military Police.....**See Provost  
#’s Page**  
Killeen.....526-8311  
Harker Heights.....699-7600  
Copperas Cove.....547-4272  
Florence.....793-3110  
Nolanville.....698-6334

## Fire Department:

Fort Hood.....  
117  
Killeen.....634

## Brigade Phone Numbers:

Brigade Staff Duty.....288-7509  
Brigade Commander.....  
287-2049  
Brigade Executive Officer.....  
287-2042  
Brigade Command Sergeant Major.....  
288-7488  
Brigade Adjutant.....288-7502  
Brigade S-1.....288-7508  
Brigade S-2.....287-1941  
Brigade S-3.....287-2098  
Brigade S-4.....287-3333  
Brigade S-6.....288-7519  
Brigade Chaplain.....287-1635  
Brigade CFS.....287-5596  
Brigade Surgeon.....618-8056  
Brigade EO.....287-1534  
Brigade Legal.....287-1782  
HHC Commander.....286-6711  
HHC 1SG.....287-0835  
BRT Commander.....287-4738  
BRT 1SG.....286-5163

**Fort Hood Police Numbers:**

### Fort Hood Phone Numbers:

Apache Arts and Crafts Center.....  
287-0343  
Auto Craft Shop.....287-  
0011  
Cable Vision.....532-  
5341  
Chaplain Division.....287-  
2913  
Child Development Center  
8029      Registration.....287-  
6037      Main (Hourly).....287-  
5222      Clear Creek.....288-  
4848      Comanche.....287-  
Commissary  
6648      Clear Creek.....287-  
0854      Warrior Way.....288-  
Darnall Army Community Hospital  
8888      Appointments.....288-  
7777      Cancellations.....288-  
2875      Dial-A-Nurse.....1-800-611-  
8000      Information.....288-  
8159      Pharmacy.....288-  
Billy Johnson Dental Clinic.....286-  
7401  
Dental Clinic #5.....288-  
7863  
Guest Housing.....532-  
5100

### Fort Hood Phone Numbers:

TRICARE.....532-  
0833  
406-2832      Service Center.....1-800-  
Youth Centers  
6745      Bronco.....287-  
5834      Comanche.....287-  
5646      High Chaparral.....287-  
4948      Walker.....287-  
1435      West Fort Hood.....288-  
Youth Services Office.....287-  
9833  
Safety Office.....288-  
2137  
Shipping (Household Goods)  
.....287-0219  
School Business (KISD).....  
520-1300  
Recreation Division (MWR)  
.....287-7950  
Range Control.....287-  
3321  
Reenlistment.....287-  
8348  
Unit Services  
Coordinator.....287-3071  
Tax Assistance.....287-  
3294  
Transportation  
Office.....287-7543  
Veterinary Clinic (Appt.)  
.....287-6719  
Voting Assistance.....287-  
1850  
Webmaster.....287-

## **EMERGENCIES**

### **What if the deployed spouse has an emergency?**

If your spouse develops a serious problem while deployed (sickness, injury, etc.), you will be contacted by the Rear Detachment Commander, a company commander's representative, a member of the FRG, and/or the Community Chaplain. If someone else calls you to report an injury to your spouse, **call the Rear Detachment Commander immediately to verify it!!!**

### **What if you have an emergency?**

If you develop a serious problem while your spouse is deployed, contact one of the following immediately:

Rear Detachment Officer/NCO: MAJ Peter Stanonik @ 288-7502 or

MSG Marshall Flood @ 288-7508

Red Cross 24 Hour Contact: 1-877-272-7337

## **EMERGENCY LEAVE**

An emergency is the death, critical illness, or injury to an immediate family member such as a spouse, parent, child, or grandparent/guardian (if they raised the soldier in place of his/her parents).

The following are guidelines used to determine if a soldier will be permitted to take emergency leave:

- Because of member's presence will contribute to the welfare of a terminally ill member of the immediate family when expected date of death is within the month.
- Because of a death of an immediate family member.
- For a serious situation involving accident, illness, or required major surgery that cannot be postponed due to the urgency of the medical condition. The situation must result in a serious family problem. The family problem must impose important responsibilities on the member that must be met immediately and cannot be accomplished from member's duty station or by any other individuals or means.

The medical definition of critically ill or injured means the possibility of death or permanent disability. The commander may approve other situations, not listed above, as "emergency" in nature. Birth of a child does not necessarily constitute a medical emergency, unless the child or mother are in a life threatening situation.

The Rear Detachment Commander will be in contact with the unit on a regular basis and can pass urgent messages to the unit to be relayed to your spouse. If your spouse's presence is absolutely necessary and it is confirmed by appropriate military professionals (doctor, Red Cross, etc.), we will get your spouse home.

As soon as the emergency passes, your spouse may return to his/her unit. To assist you in providing pertinent information needed to determine the extent of the emergency, an Emergency notification Form is included below.

Friends, relatives, chaplains, and family assistance agencies in our community can often turn "emergencies" around.....**try them!!!**

## **EMERGENCY NOTIFICATION INFORMATION**

Soldier's Full Name: \_\_\_\_\_

Soldier's Rank and Pay Grade: \_\_\_\_\_

Soldier's Social Security Number: \_\_\_\_\_

Soldier's Unit Address: \_\_\_\_\_

Name of Exercise Soldier is on: \_\_\_\_\_

Full Name of Ill/Injured/Deceased Person: \_\_\_\_\_

Relationship of Person to Soldier: \_\_\_\_\_

What Hospital or Funeral Home is Person In: \_\_\_\_\_

Who is the Doctor Treating the Person: \_\_\_\_\_

Family Member Who Can Provide More

## RED CROSS NOTIFICATION

(To Be Filled Out By Service Member and Sent Home)

Dear Family:

In the event of your need to contact me quickly or need my presence at home, you must contact the American Red Cross (ARC) in your local community before I can receive permission to come home. A message from the American Red Cross is required before I can get the documents for transportation on military aircraft and/or commercial aircraft, and for leave authorization.

The following is information that you should provide the local American Red Cross in contacting me:

- My Social Security Number: \_\_\_\_\_

- My Full Name: \_\_\_\_\_

- My Rank is: \_\_\_\_\_

- My Mailing Address is: \_\_\_\_\_

\_\_\_\_\_

- My Duty Station is: \_\_\_\_\_ Duty Phone: \_\_\_\_\_

- My Residence Address is: \_\_\_\_\_

- My Home Telephone Number is: \_\_\_\_\_

In addition, they will request some detailed information as to the nature of the emergency. As a minimum, you will need to know the name and address of the doctor/hospital, plus a statement as to why I am needed. I realize in case of death or critical illness in the family that you would want to call me directly, but you must also contact the Red Cross to authorize and expedite travel arrangements. The Red Cross may be contacted 24 hours a day and there is no charge for this service. Please place this document in the telephone book so that it is easily found in an emergency situation. This

## NOTIFICATION OF DEPARTURE

### FROM THE AREA

If you leave the Fort Hood, Texas area for any reason, it is important that the Rear Detachment Commander know where you are. There may be an emergency, either in the field or during deployment, and the unit will need to contact you. This is true whether you leave the state permanently, leave for a short visit, or go to visit friends.

If you cannot contact the unit to provide your location, please **fill** out the form below and mail or drop it off at the unit or leave it with a neighbor to deliver to the unit.

\_\_\_\_\_

To: Rear Detachment Commander  
(Unit Address)  
Fort Hood, Texas 76544

This is to inform you that I have left the community. I can be reached at the following location:

**NAME:** \_\_\_\_\_

—

**C/O:** \_\_\_\_\_

—

**ADDRESS:** \_\_\_\_\_

—

\_\_\_\_\_  
TELEPHONE

# Problem Solving Index

A guide to find out which agency is Responsible for Handling what Problem

Administrative board actions.....  
.....Legal  
Adoptions.....Leg  
al  
Alcohol/Drugs  
ADAPCP Civilian program coordinator.....  
Counseling.....Hospital  
Testing.....Drug Abuse  
.....ADAPCP  
ADAPCP Prevention/Education.....  
Army Family Team Building (AFTB).....Outreach  
Program  
Baby Sitting  
Information.....CYS  
Billing.....Hous  
ing  
Child Abuse.....Hospital  
(SWS)  
Child and Youth Services.....  
...CYS  
Civilian EEO.....  
.....EEO  
Claims.....  
...Legal  
College Courses.....  
.....Education  
Command Finance NCO (CFN) Program.....  
ACS  
Community Forum, Army Family Action Plan (AFAP)  
.....Outreach Program  
Complaints Regarding Any  
Issue.....IG  
Congressional.....  
PSB  
Consumer Affairs.....  
ACS  
Crafts.....DCA Recreation  
(MWR)  
Crimes/Personal/Property (Provost Marshall)  
.....PMO  
Crisis Services.....  
ACS/Hospital  
DEERS Enrollment.....  
PSB  
Disabled Family Member (EFMB)  
.....ACS  
Discrimination  
.....(EO)

# Problem Solving Index

A guide to find out which agency is Responsible for Handling what Problem

Household Items (Loan Closet).....  
.....ACS  
Housing  
Information.....Housing  
ID Cards.....  
PSB  
In processing.....  
PSB  
Landlord/Tenant.....  
.....Housing/Legal  
Lawyer Referral.....  
.....Legal  
Library  
(MWR).....DCA Recreation  
Locked out of  
Quarters.....Housing  
Magistrate Court.....  
Legal  
Marital Counseling.....  
.....Chaplains/Hospital (SWS)  
Mayors Program.....Outreach  
Program  
Medical  
Care.....Hospital  
Mental Health/Mental Health  
Classes.....Hospital  
Name Change  
Legitimization.....Legal  
ID/DEERS.....PSB  
Newcomers.....  
PSB  
Expos.....Briefings and  
.....DCA  
Non-Support.....  
IG/Legal  
Notary Public.....  
Legal  
Nutrition.....Hosp  
ital  
Occupational Health.....  
.....Hospital/Wellness Center  
Outdoor Recreation.....DCA  
Recreation (MWR)  
Paternity.....

## Problem Solving Index

**A guide to find out which agency is Responsible for Handling what Problem**

Retirement.....PSG

Risk Management.....Safety

Safety Literature.....Safety

Safety Training.....Safety

Self Help Store.....Housing

Sexual Harassment

Civilian.....EEO

Military.....EO

Shipment (Car)

Property.....Personal Transportation

Shoplifting.....PMO (Desk SGT)

Single Parent.....ACS

Smoking Cessation.....ADAPCP

Social Work Services.....Hospital

Solicitors/Private Business.....ACS

Spiritual Needs.....Chaplains

Spouse Abuse (SWS).....Hospital

Stray Animals.....PMO (Desk SGT)

Suicide.....Chaplains/Hospital

Survivor Benefits, Casualty/Mortuary.....PSB

Taxes/Property.....Legal

Testing

Center Educational.....Education

Center Army Personnel.....Education

Tobacco Cessation (Classes)

## FAMILY DEPLOYMENT CHECKLIST

Although extended deployments are never easy on the family the hardships need not be increased by failure to plan ahead. A carefully prepared and executed pre-deployment checklist can save you and your family from giant headaches in the future.

It is very important for you, as a military family, to have certain documents in your possession. Military spouses are often required to take over the family during the sponsor's absence. Therefore, it is important that both of you sit down together to discuss information and documents named in this checklist. You are encouraged to keep originals or copies of all listed documents in a special container (safety deposit box) in a location you can find immediately and is known to both you and the sponsor.

\_\_\_\_\_ Marriage Certificate

\_\_\_\_\_ Birth Certificate of all family members

\_\_\_\_\_ Divorce Papers

\_\_\_\_\_ Death Certificates

\_\_\_\_\_ Shot records of all family members (including pets)

\_\_\_\_\_ Citizenship/Naturalization papers

\_\_\_\_\_ Adoption papers

\_\_\_\_\_ Passports, Visas (remove only when needed for international travel)

\_\_\_\_\_ Insurance policies (Note: Company, policy number, and amount of payment)

\_\_\_\_\_ Real Estate documents (leases, mortgages, deeds, or promissory notes)

\_\_\_\_\_ Copies of installment contracts and loan papers

\_\_\_\_\_ Current list of immediate next of kin, personal lawyer, trusted friend (include phone number and address)

\_\_\_\_\_ Car Title (registration should be in car)

\_\_\_\_\_ Last LES (Leave and Earnings Statement)



## FAMILY DEPLOYMENT CHECKLIST (COND.)

\_\_\_\_\_ Social Security Number for each family member

\_\_\_\_\_ Current addresses and telephone numbers of all  
immediate families of both spouses

The following should be completed prior to deployment:

\_\_\_\_\_ Next of kin informed of rights, benefits,  
assistance available

\_\_\_\_\_ Family budget and business arranged (see  
Financial Section for Budget Worksheet)

\_\_\_\_\_ Emergency Data Card updated in Military  
Personnel Record

\_\_\_\_\_ Joint checking/savings account arranged (list all  
account numbers)

\_\_\_\_\_ Parents informed of how to make contact in case  
of emergency

\_\_\_\_\_ Armed Forces ED Cards (renew if ID card  
expires within next 3 months; Rear Detachment  
Commander can sign for ID replacement after  
soldier deploys)

\_\_\_\_\_ Emergency services explained and located  
(AER) \_\_\_\_\_ Red Cross/Army Emergency Relief

\_\_\_\_\_ Medical facilities/TRICARE

\_\_\_\_\_ Army Community Services (ACS)

\_\_\_\_\_ Legal Assistance Office

\_\_\_\_\_ Security check on house

\_\_\_\_\_ Problems with cars, household, and appliances  
identified and resolved

\_\_\_\_\_ Power of Attorney

\_\_\_\_\_ General: Allows holder to act on all matters on  
sponsor's behalf

## FAMILY DEPLOYMENT CHECKLIST (COND.)

\_\_\_\_\_ Wills for both spouses

\_\_\_\_\_ Orders

\_\_\_\_\_ Copy of Emergency Data Card

\_\_\_\_\_ List of all credit cards and account numbers

\_\_\_\_\_ List of all stock and bonds

\_\_\_\_\_ AAFES Deferred Payment Plan (DPP), (to use,  
spouse must be listed as an authorized user to hold sponsor's  
General Power of Attorney)

\_\_\_\_\_ Federal and State Income Tax Returns (last 5  
years)

# TIME CONVERSION CHART

**DEPARTMENT OF THE ARMY**  
Headquarters, 2<sup>nd</sup> Brigade  
4<sup>th</sup> Infantry Division (Mechanized)  
Fort Hood, Texas 76544

AFYB-AR-CO  
2003

January

**MEMORANDUM FOR :** 2<sup>nd</sup> “Warhorse” Brigade Combat  
Team FRG Leaders

**SUBJECT:** Family Readiness Group

1. You and your own Family Readiness Groups are vital to the success of this Brigade Combat Team and the accomplishment of our mission. The Brigade S-1 Section has put together this guide which we hope you, your family and your own FRG leaders will find helpful. It contains information about what is available in the Ft. Hood community for soldiers and their families. Please take time to look through this family care booklet carefully.

2. I want you to know that I believe families are very important and that a soldier cannot do his job if his family is not taken care of. The key to coping with separations caused by deployments or field exercises is to be prepared, to know where to find help when problems occur, and to help each other through our great FRGs. As part of this it is very important that you have a current Family Readiness Group phone roster for your unit.

3. Remember that the Army community is unique. The support individual family members give their soldier is very important for the welfare of the entire Brigade Combat Team. I sincerely appreciate that support, your leadership and all of the sacrifices that family members make for their soldiers. I hope that in a small way this guide will make your time in the “Warhorse” family easier and more enjoyable.

***WARHORSE!***

Kore a	HI	Pacifi c Std. Time	Mtn. Std. Time	Ctrl. Std. Time	East Std. Time	GMT	Germ - Any	SWA
0100	0600	0800	0900	1000	1100	1600	1700	1900
0200	0700	0900	1000	1100	1200	1700	1800	2000
0300	0800	1000	1100	1200	1300	1800	1900	2100
0400	0900	1100	1200	1300	1400	1900	2000	2200
0500	1000	1200	1300	1400	1500	2000	2100	2300
0600	1100	1300	1400	1500	1600	2100	2200	2400
0700	1200	1400	1500	1600	1700	2200	2300	0100
0800	1300	1500	1600	1700	1800	2300	2400	0200
0900	1400	1600	1700	1800	1900	2400	0100	0300
1000	1500	1700	1800	1900	2000	0100	0200	0400
1100	1600	1800	1900	2000	2100	0200	0300	0500
1200	1700	1900	2000	2100	2200	0300	0400	0600
1300	1800	2000	2100	2200	2300	0400	0500	0700
1400	1900	2100	2200	2300	2400	0500	0600	0800
1500	2000	2200	2300	2400	0100	0600	0700	0900
1600	2100	2300	2400	0100	0200	0700	0800	1000
1700	2200	2400	0100	0200	0300	0800	0900	1100
1800	2300	0100	0200	0300	0400	0900	1000	1200
1900	2400	0200	0300	0400	0500	1000	1100	1300
2000	0100	0300	0400	0500	0600	1100	1200	1400
2100	0200	0400	0500	0600	0700	1200	1300	1500
2200	0300	0500	0600	0700	0800	1300	1400	1600
2300	0400	0600	0700	0800	0900	1400	1500	1700
2400	0500	0700	0800	0900	1000	1500	1600	1800

# PROVOST MARSHALL PHONE NUMBERS

MP Desk Watch Commander.....  
287-4001

4ID Desk Sergeant.....287-  
4789

III Corps Desk Sergeant.....  
287-5019

MP Desk Emergency (Recorded).....287-  
2176/2177/2178

MP Investigations NCOIC.....  
287-4654

MPI Supervisor.....287-  
4759

MPI Evidence Custodian.....  
287-6676

MPI Child/Spouse Abuse.....  
287-4699

Juvenile/Gang  
Investigations.....287-5848

Game Warden.....287-  
4019

Cell Phone.....554-  
1164

Animal Control.....287-  
2732

Police Services Division.....  
....287-8928

AWOL Apprehension.....287-  
1077

CPL/AWOL App/Conf Fax.....288-  
0322

CPL/AWOL App.....287-  
4403

Warrants.....287-  
1076/1078

Civil Police Liaison.....287-  
4403

Name Checks, MP Reports.....  
287-7123

Warrant Registration.....

## Mail Release

MAIL RELEASE  
(Please Print)

I \_\_\_\_\_ assigned to \_\_\_\_\_  
(Name) (Unit Assigned)

Authorize \_\_\_\_\_ to pick up mail  
(Spouse/Significant Other)

addressed to me at the unit mail room during the  
period

\_\_\_\_\_ through \_\_\_\_\_  
(1<sup>st</sup> Day) (Last Day)

signature

## How to Use the FRG Telephone Roster (Chain of Concern)

You will be notified through the Family Readiness Group telephone roster (chain of concern) of important information pertaining to the unit and the FRG. The FRG chain of concern is your *primary link* with the Army in the event of a deployment, and it is a means to communicate very important information. Reasons for the chain of concern can range anywhere from planning unit social functions, passing on general information, passing on information on deployment, homecoming, or emergency information. It is one of the most efficient ways of getting the correct information to you in a timely manner. Sending information home through the soldier seldom works effectively.

*Participation is not mandatory.* The chain of concern, however, functions to keep you in- the-loop and armed with the most up-to-date information concerning the unit. More importantly, it is a means of emergency notification. All spouses, therefore, are strongly encouraged to participate by completing a FRG questionnaire. Ensure that the FRG leader has your current mailing address and telephone number. If you want to keep your phone number confidential or unlisted, just let the FRG leader know of your decision, in writing, on your questionnaire. This way your number will not be printed on the roster; it will only be given to the FRG leader and your unit POC (Point of Contact).

If you plan to leave the area during a deployment, please contact the company FRG leader with a telephone number where you can be reached in the event of an emergency. Please do not put us in a situation where we have to search for you or where we are unable to contact you in an emergency situation. Time is precious during the emergency notification process.

In the event of a deployment, *as soon as the information becomes available*, the Rear Detachment Commander (RDC) will contact the unit FRG leader, and they will initiate the FRG communications network to get the information to you.

In our Family Readiness Groups, the FRG leader will contact the section POC's, and they will personally call each of the families in their chain of concern. **If your telephone number or mailing address changes, contact your key caller to let them know!**

If you have not received a copy of the current FRG phone roster, have your spouse pick one up from the company commander's office to keep near your telephone. Remember, **this roster is strictly confidential**. It should not be used for solicitations or mailing lists of any kind. It is only to be used for FRG purposes. Public access to the telephone numbers on this list could pose a safety risk to FRG members during a deployment, so be careful to **thoroughly destroy outdated copies** of the roster whenever you receive an updated

# How Can I Manage Separation?

## Stages of Separation:

There is no denying that the military lifestyle, especially unexpected deployments, can disrupt the family unit. Feelings associated with separation commonly come in stages. As soldiers prepare to deploy and leave, military families may experience:

- denial, shock, disbelief, and numbness
- anger, frustration with preparation demands, guilty feeling about the spouse's departure, and resentment of the military, spouse, and job
- guilt for not saying or doing more before deployment, or the children may feel they caused the departure
- depression, intense sadness, fatigue, loss of appetite, and withdrawal from routine
- acceptance, realizing and accepting the situation, resolving to continue on positively, confidence in handling day-to-day living, awareness of increased self-esteem and personal abilities.

Knowing these feelings are normal can help families cope. These stages occur in a universal order; however, a number of causes can trigger setbacks to previous stages. Individual situations and types of deployment can influence the intensity and duration of each stage.

## How to Manage Separation:

To manage separation:

- Take good care of yourself
- Make sure you eat right
- Shop and cook for nutrition
- Get enough rest
- Make time for physical exercise. Walk daily; join an aerobics class, jog, bowl, etc.
- Treat yourself to a special outing, but stay within your budget
- Try to set aside time to do something you enjoy everyday

## How to Manage Separation (Cond.):

- Participate in programs such as Army Family Team Building (AFTB), Mobilization and Deployment, and Family Readiness Training
- Contact family, friends, neighbors, and spouses of other deployed soldiers whenever you need practical or emotional support
- Set goals
- get involved in an activity, a hobby, a project, church, or volunteering. Volunteers may receive 50 hours of free childcare per month while doing their volunteer work.
- Talk about your feelings, doubts, and fears with a trusted friend, neighbor, coworker, etc.
- Stick to your budget
- Do not try to please everyone. Learn to say "NO"
- Be honest
- Learn about your acceptable/comfortable stress level

## Children and Separations:

Children experience the same psychological patterns as their parents due to their own feelings of loss and their awareness of the overall emotional situation. They often test parents to find out if they bend more when the spouse is gone, particularly at the time of departure and again upon return. Some spouses overcompensate for their mate's absence by becoming permissive or overprotective with their children.

Keep discipline consistent. Some decisions are harder to make alone, but children need stability. Look at it this way; if one of the two most important people in your life were constantly coming and going - here two weeks, gone four to eight months, home two days - wouldn't your security be shaken? Imagine what it does to children. Insecurity, loss of status, and change in routine all add up to two complex emotions; hurt and anger, which are usually directed at the returning parent.

Children express their feeling in different ways:

- Their outward behavior is not always a good reflection of

## **Ideas for Managing Children:**

Dealing with these problems requires the honest expression of feelings in the family. Even if there are no apparent conflicts, the following can make separation easier:

- Talk about feelings
- Keep busy during separation
- Maintain same rules for the children
- Encourage letter writing, sending pictures, artwork, and school work
- Play the taped stories and messages that were recorded for each child prior to the parent's deployment
- The absent parent needs to write separate letters to each child; each needs direct communication
- Make opportunities for special outings
- Be responsible for all discipline

## **Tell the Children:**

- Your Mother/Father loves you and you are very important to them
- Try not to worry about your Mother/Father because the Army has trained them well and will take care of them for you
- What your Mother/Father is doing for our country is very important to all the people of our nation
- Sometimes, when your Mother/Father are away on a mission, you get lonely and miss them. This is normal and okay. It will make you feel better if you talk to others in your family.
- Your Mother/Father miss you when they're away, and they love to get messages or mail from you.

## **Staying in Touch During a Deployment**

### **Letter Writing:**

The need for two-way communication continues though you are separated by distance. The following is a guide that may make it easier to talk with each other by letter.

- Answer all questions. Write your spouse's letter and picture in front of you, as though you are talking directly to him/her. Let your spouse know how much you appreciate the letters, tapes, pictures, etc. In each communication, mention one or two things that made you feel especially close.
- Remember that the need to express affection does not diminish with the miles. "I love you" means just as much when it is written during a deployment as it does when spoken in person.
- Share your feelings as openly as you can without indulging in self-pity. Let your spouse know that you would like him/her to share his/her feelings. Try to communicate the feelings of love and appreciation that you feel. Let your spouse know how and why you love them.
- Above all, express yourself clearly so he/she won't have to think, "I wonder what she/he meant by that?" On the other hand, don't try to read between the lines or interpret a puzzling remark. If you don't understand, ask questions in your next letter.
- Some husbands and wives number their letters to eliminate confusion.
- Have Dad/Mom send separate letters to each child in the family. It will help maintain and strengthen their relationships. Children love to receive their own mail.
- Try to send photographs.
- Let children make a tape recording.
- Play calendar tag, which involves sending a small fold-over calendar back and forth in letters so the deployed parent and child can take turns marking off days.

### **Tape Recording:**

If letter writing is difficult for you, consider purchasing a

# Staying in Touch During a Deployment (cond.)

## Telephone Calls:

Telephone calls are a quick way to communicate, but remember, long distance and overseas calls can be very expensive. Purchase phone cards for long distance calls both ways. Remember the difference in time zones as well.

To learn the time where your spouse is stationed, first find the time where you live. Then read across under the location of your soldier. This will tell you the time at his/her location. For example, if it is 1900 hours (7:00pm) for you in the Central Standard Time zone, then it is 0400 hours (4:00am) for your soldier in SWA (Southwest Asia), or 1000 hours (10:00am) for your spouse in Korea.

## E-Mail:

E-mail is probably the most popular method of quick communication. It's very inexpensive and versatile; however, it can enable bad news to travel at the speed of light. Be careful of using this method of communication for an emotionally laden message. It's better to compose it, park it for a few hours, review it for clarity and kindness, and then send it. It still can't replace the letter for personal and romantic communication. And remember, e-mail is not secure - it can be read by anyone who uses the computer.

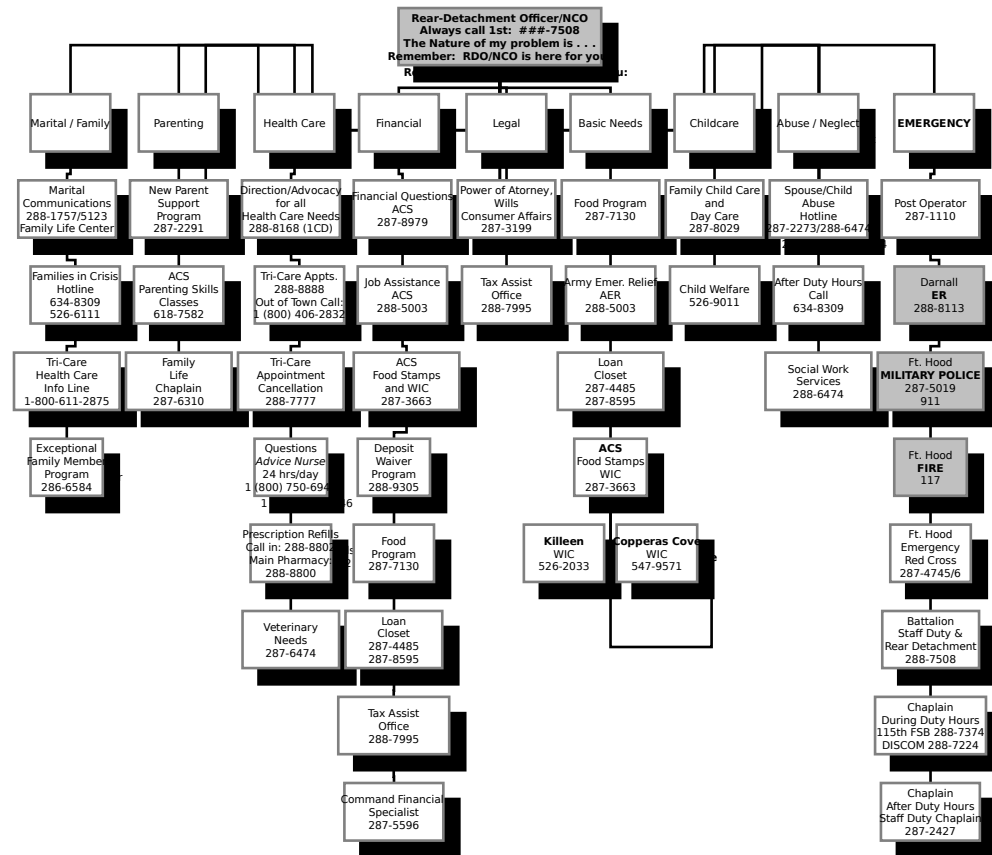
## Video:

During some deployments, the company will be given access to video teleconferencing. There will also be some opportunities to exchange videos of our FRG and videos of our spouses at work.

## Mail:

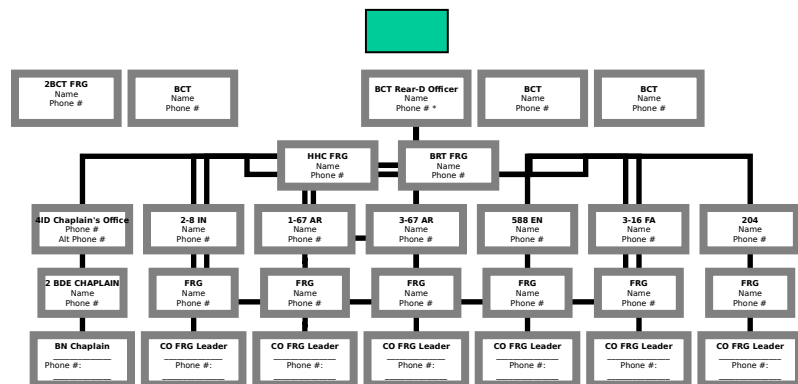
Letters from home boost morale and provide assurance of the family's welfare. Care packages are great pick-me-ups for lonely soldiers. Use any post office or the soldier's unit mailroom to mail letters to your spouse.

Any family member holding an identification card can pick up mail addressed to deployed soldiers at the unit mailroom when:





# 2<sup>nd</sup> “Warhorse” BCT Rear Detachment & FRG Chain



\* Critical Note - these cell phones are the BN & BDE CDRs official phone that they will pass to their Rear-Detachment Officer upon deployment. Please do not try to reach the rear detachment officers until the unit has departed. Until the unit has deployed the BN & BDE CDRs will be using the phones.